Your Osterizer is the most versatile appliance in your kitchen. It will:

CRUMB bread, crackers
CHOP fruits, vegetables, nuts, cooked meats
GRATE fresh coconut, citrus peel
GRIND cereal grains, whole spices, coffee beans
PUREE fruits, vegetables, cooked meats
LIQUEFY fruits, vegetables
BLEND sauces, salad dressings, smooth gravies
WHIP cream
MIX batters, malts, shakes

However, do not expect it to replace all of your kitchen appliances. It will not:

mash potatoes
whip egg whites
grind raw meat
knead stiff doughs
crush ice
extract juices from fruits and vegetables

Oster

JOHN OSTER MANUFACTURING CO. **Milwaukee, Wisconsin 53217**

HW487-8-64

Litho in U.S.A.

OPERATING DO's AND DON'Ts

DO:

1. Put liquid portions of recipes into the container first unless instructions in recipes specify otherwise.

2. Cut all kinds of cheeses, firm fruits and vegetables, and cooked meats, fish and seafood into pieces no larger than 1 inch.

3. Place cover firmly on the container before starting and stopping, and rest hand lightly on the container handle when starting motor.

4. Start the motor on Lo, then turn to Hi if Hi is indicated in the recipe.

5. Use Lo for processing liquid ingredients, such as beating eggs for scrambled eggs, dissolving gelatin, preparing milk shakes, whipping cream, blending thin sauces.

6. Use a rubber spatula if necessary when blending ingredients of heavy consistency. If the vortex (or whirlpool) ceases to form, remove cover and, with motor running, push the ingredients from the sides of the container to the center with the spatula until the whirlpool action starts again. Move the spatula up and down rapidly, tight against the sides of the container to avoid the blades.

7. Remove heavy dips and spreads, nut butters, mayonnaise, and products of similar consistency by removing the processing assembly and pushing the mixture out through the bottom opening into serving dish or storage container.

8. Pour mixtures of a liquid or semi-liquid consistency, such as muffin and cake batters, from the container.

DON'T:

Process mixtures too long. Remember, the OSTERIZER performs its tasks in seconds — not minutes. It is better to stop and check the consistency after a few seconds than to overblend and have a mushy or too finely chopped product.

Overtax the motor with extra-heavy loads such as stiff doughs.

If a physician has recommended that food be pureed, strained or finely chopped, the OSTERIZER will be an invaluable aid in preparing foods for those on soft diets, liquid diets, tube feedings or some ulcer diets.

Remember, each patient must be treated individually under the direction of a physician. Obtain a printed list of approved foods from the physician, and only with his approval should additional foods be introduced into a patient's diet.

The Osterizer, your mealtime genie, is just waiting to help you with these KITCHEN TRICKS. No one else can do them better . . . from grinding coffee (for fresher flavor)...to making bread crumbs...and smoother gravy. Here's the fastest, most practical magician your kitchen has ever had. Try this Osterizer sleight of hand today.

PUREE:

FRUITS AND VEGETABLES (COOKED OR RAW) AND COOKED MEATS, FISH OR SEAFOOD

Put enough liquid (fruit juice, water, broth) to cover the blades in the OSTERIZER container. Add about ½ cup cut-up food, cover and process at Hi until smooth. If a thicker puree is desired, remove Feeder Cap while processing and add more cut-up food until desired consistency is reached. (The Blend-and-Store Jar is ideal for pureeing food for Baby.)

LIQUEFY:

FRUITS, VEGETABLES, AND OTHER SOLID FOODS WITH THE ADDITION OF A LIQUID

The OSTERIZER is not a juice extractor, but it will break down the fibrous parts of vegetables and fruit pieces so that all the flavor is released into a liquid. This liquid may be water or any prepared fruit or vegetable juice. Use the following table only as a guide — you may want a thicker or thinner juice:

AMOUNT OF FRUIT OR VEGETABLE	AMOUNT OF LIQUID	YIELD
1 medium apple, peeled, cored, cut in eighths	1 cup	About 1½ cups
3 small carrots, cut in 1-inch pieces	1 cup	About 1½ cups
2 large celery stalks, cut in 1-inch pieces	1 cup	About 1½ cups

Place ingredients into OSTERIZER container, cover and process at Hi until pieces of food are no longer visible. Remove feeder cap and add 3 or 4 ice cubes, one at a time, to thoroughly chill liquid. Continue processing until cubes are dissolved. (If desired, this juice may be strained through a fine sieve to remove the small fibrous particles.)

KITCHEN TRICKS

CRUMB:

BREAD

Tear one slice of fresh or dry bread into six pieces, put into Osterizer container, cover and process at Hi until crumbed. The longer the Osterizer processes, the finer the crumb will be. Empty into a mixing bowl or measuring cup and repeat process until desired quantity is obtained.

BUTTERED BREAD

Butter the whole slice of bread before putting into Osterizer container and follow the above procedure. (If cheese crumbs are desired, add ¼ cup cubed cheese to the pieces of one slice of bread.)

CRACKERS, COOKIES

Break 7 or 8 crackers or cookies into the Osterizer container, cover and process at Hi until crumbed. The longer the Osterizer processes, the finer the crumbs will be.

RECONSTITUTE:

FROZEN CONCENTRATED JUICES

Put water and juice into the Osterizer container, cover and process at Lo for about 5 seconds.

DRY MILK

Put dry milk solids and water into the Osterizer container, cover and process at Lo until blended, approximately 1 to 2 seconds.

GRATE:

NUTS, CITRUS PEEL, FRESH COCONUT AND DRY CHEESES

Put about ½ cup of food (cut coconut and cheese in 1-inch pieces) in Blend-and-Store Jar or Osterizer container, cover and process at Hi until finely grated.

CHOP:

LARGE QUANTITIES OF RAW VEGETABLES,

Such as carrots, cabbage, beets, onions, green pepper, and potatoes: Cut the vegetable into pieces about 1 inch in size, place pieces in Osterizer container (to within 1 inch of top, if desired), *cover* with cold water. Cover container and turn control to Hi and Off quickly several times until all food has passed through the processing blades. Quickly empty into a colander or strainer. Drain well before using.

DRIED FRUITS,

Such as apricots, peaches and apples: Measure *1 cup pitted* dried fruit. Place in Osterizer container and proceed as above.

SMALL QUANTITIES OF RAW, FIRM FRUITS AND VEGETABLES, SEMI-HARD AND HARD CHEESES, NUTS, COOKED MEAT AND POULTRY

Cut foods into pieces about 1 inch in size. Use Blend-and-Store Jar or Osterizer container, cover and turn control to Hi and Off quickly two or three times. If a few larger pieces remain, again turn control to Hi and Off until all pieces are chopped to desired size. Empty container and repeat process until desired quantity is obtained.

GRIND:

COFFEE BEANS, RICE, OATS, WHEAT, PEPPERCORNS, AND WHOLE SPICES

Put about ½ cup in the Blend-and-Store Jar or 1 cup in the Osterizer container, cover and process at Hi until desired grind is obtained. Longer processing will give a finer grind.